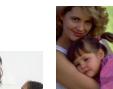
## "Empowering Mothers" Parent Education & Support Group Sessions



















Classes focus on the parental role, parental strengths and challenges, healthy parent-child relationships, healthy child growth & development and nurturing family interactions.

Class topics in include
Nurturing Parenting, Child Development,
Appropriate Expectations, Empathy
& Needs of Parents & Children

Understanding & Managing Emotions, Handling Stress & Anger, Positive Self Worth, Managing Behavior & Understanding Discipline

Information about Empowering Mothers Sessions is available by calling 301-600-2206

## Certificates are awarded after the completion of the curriculum.

Classes are free.

Refreshments and free child care (on a limited basis) is provided. Transportation from Frederick City locations is available (on a limited basis).

Family Partnership is located at 8420 Gas House Pike, Suite EE, Frederick, MD 21701

For more information or to register, call 301.600.2206.







 $\mathbf{FOF}$ 

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